

ABSTRACT OF THE DISCLOSURE

A substrate (1) having a guide groove for tracking with spot irradiation light beam for recording/reproduction of information is provided with a recording layer (2) and a light transmitting layer (3). The recording layer (2) is irradiated with a spot light beam through the light transmitting layer (3) to record information on both a first portion (L') of the recording layer corresponding to a flat section (L) between adjacent guide grooves and a second portion (G') of the recording layer corresponding to a guide groove inside (G). Recording marks with mark lengths of $nT-mT$ (where T is a unit length, n, m are integers of one or more, $n \leq m$) are formed on the first and second portions (L', G'). The amplitude IL1 of a reproduced signal from the longest recording mark with the mark length of mT recorded on the first portion (L') and the amplitude IL2 of a reproduced signal from the longest recording mark with the mark length of mT recorded on the second portion (G') satisfy the relation $1 < (IL1/IL2) < 1.3$.